

FAMILY SERVICE PLAN UPDATE – Sample One
(to be completed at the end of each phase)

FAMILY NAME: _____ DATE: _____

RECOVERY

GOAL: Develop and enhance understanding of basic recovery concepts.

1. REMAIN DRUG FREE ONE DAY AT A TIME!
2. Attend Monday, Wednesday, Wednesday evening, Thursday, and weekend A.A. meetings.
3. Engage in recovery work on a daily basis by attending required groups and completing assignments.
4. Maintain daily telephone contact with sponsor and through a meeting face to face contact on bi-weekly basis.
5. _____

6. _____

PARENTING

GOAL: Increase basic parenting skills and enhance parent-child relationship(s).

1. Participate in weekly parenting group and complete all assignments.
2. Follow daily schedule with your child.
3. Actively participate in play with your child on a daily basis and report activities to case manager weekly.
4. Responsible to make and keep appointments for children including: medical, dental, therapy, medication, and educational meetings.
5. _____

6. _____



LIFE SKILLS

GOAL: Develop and enhance understanding of skills essential to independent living.

1. Keep room clean to program standards.
2. Work with case manager to develop financial management skills.
3. Develop educational and vocational goals with case manager.
4. Work cooperatively with chore group to do group chores.

5. _____

6. _____

PERSONAL GROWTH

GOAL: Develop and enhance ability to identify and express feelings in an appropriate manner.

1. Keep a daily journal of uncensored thought and feelings.
2. Attend therapy on a weekly basis.
3. Read a personal book and do homework for relapse prevention group.
4. When issues with other residents arise, bring them to early recovery issues group.

5. _____

6. _____

Resident Signature _____ Date _____

Case Manager Signature _____ Date _____

Program Director Signature _____ Date _____



Formatted By: FAMILY SHELTER MODEL RECORD TEAM

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